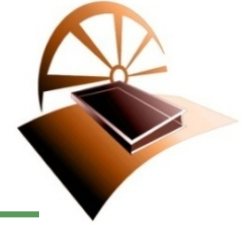




THE SUBLIME EIGHTFOLD WAY



1. Harmonious Perspective (*Sammā-ditthi*)

2. Harmonious Orientation (*Sammā-sankappa*)

3. Harmonious Speech (*Sammā-vācā*)

4. Harmonious Action (*Sammā-kammanta*)

5. Harmonious Lifestyle (*Sammā-ājīva*)

6. Harmonious Exercise (*Sammā-vāyāma*)

7. Harmonious Attention (*Sammā-sati*)

8. Harmonious Mental Equilibrium (*Sammā-samādhi*)

HOUSEHOLDER
PRACTICE
(Level I)

(Level II)



HARMONIOUS EXERCISE (*Sammā-vāyāma*)



HARMONIOUS EXERCISE (*Sammā-vāyāma*) comprises:

- I. PREVENTION** (*samvara*) – guarding one’s senses against impurities entering one’s mind by withdrawing one’s attention from perceived sensory objects;
- II. ELIMINATION** (*pahāna*) – removing emotional excitement by withdrawing one’s attention from the memory.
- III. CULTIVATION** (*bhāvanā*) – cultivation of the “*Seven Steps to Awakening*” (*satta bojjhanga*) by focusing attention on the experience within (*satipatthāna*);
- IV. MAINTENANCE** (*anurakkhana*) – maintaining focus on the experience within every moment in one’s life.



COGNITIVE DISTORTIONS #1 - #6



Category	Description
1) Mind Reading	Imagining what others are thinking about you or your circumstances without clarifying
2) Fortune Telling	Predicting the future adversely
3) Labeling/Generalization	Making sweeping assumptions or statements without supporting evidence
4) Discounting Positives	Minimizing or ignoring all positive aspects, leaving inadequacy and hopelessness
5) Negative Filtering	Focusing and amplifying only negative aspects excluding any positive opportunities
6) Black or White / Dichotomous Thinking	Extremist view of all or nothing, no grey areas or compromise, "always" or "never"



COGNITIVE DISTORTIONS #7 - #12



Category	Description
7) Perfectionist/"Should"	Expecting things to be ideal or perfect
8) Righteousness	Prioritizing truth, ethics and moral standards over human considerations
9) Magnification / Catastrophizing	Over-emphasis on specific details, blown out of proportion, worrying too much
10) Minimization	Overlooking / shrinking important issues or necessary considerations
11) Unfair Comparison	Negatively comparing with others successes
12) What If?	Over-intellectualizing or over-extended imagination of snowball effects



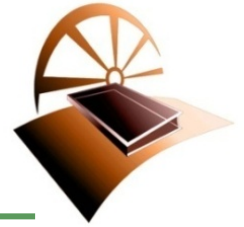
COGNITIVE DISTORTIONS #13 - #17



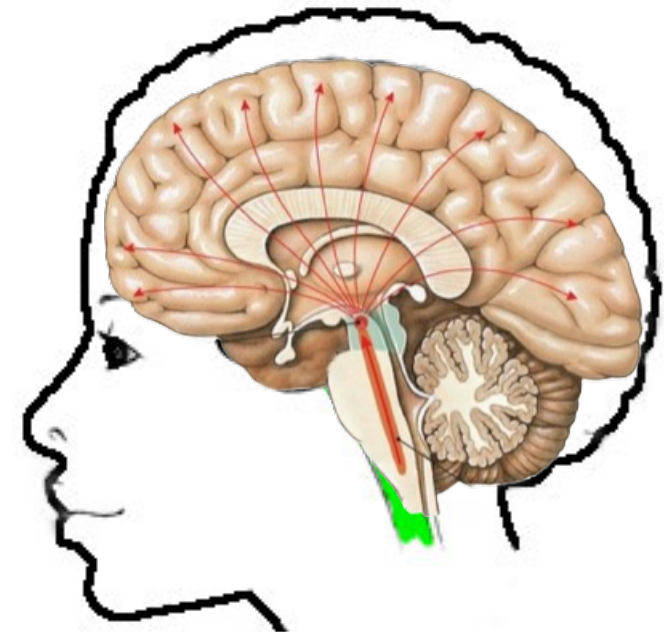
Category	Description
13) Blame Game / Finger Pointing	Finding faults in others or blaming others
14) Shame / Guilt / Personalizing	Finding faults in oneself or blaming oneself
15) Emotional Reasoning	Letting feelings alone guide your viewpoint or conclusions
16) Believing is seeing	Rejecting evidence that contradicts your beliefs, superstitions, or expectations
17) Past Orientation	Letting past experiences dictate all decision making about the future (“living in the past”)



RETICULAR ACTIVATING SYSTEM

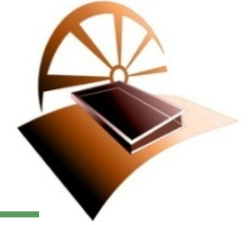


- Reticular formation have the longest neurons in the brain;
- Stretching from the Brain Stem all the way across the Cerebral Cortex;
- Reticular activating system (RAS) regulates the brain's transitions between sleep, awake, and arousal activity.





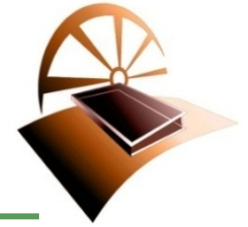
MENTAL STATES



- Switching between 3 mental states:
 - ① Sleep / Rest state;
 - ② Conscious Relaxed Alertness (“in the zone”)
 - ③ Emotionally Reactive (heightened or “stressed”)



Reticular Activating System



- Emotional Activation arouses the **Amygdala** to activate the Sympathetic Nervous System (SNS) leading to heightened state of **emotionally reactive condition (“stressed”)**;
- Conscious Relaxation activates the Parasympathetic Nervous System (PNS) leading to **relaxed state of conscious alertness.**



EMOTIONALLY REACTIVE



Unconscious emotional arousal arises when:

- Memory of past: reliving past unpleasant or regretful experiences;
- Imagination of future: creating uncertain future scenarios (anxiety);
- Expectation of present: demanding certainty in the present moment;
- Reticular Activating System activates the **Sympathetic Nervous System** (SNS) triggering the “fight or flight” (stress) reaction:



EMOTIONALLY REACTIVE, & STRESSED

- ❖ High bio-chemical activity
- ❖ Discomfort / disturbance
- ❖ Irrational/Erratic thoughts
- ❖ Unconsciously reactive
- ❖ Delusive Thinking (Delusional)



CONSCIOUS RELAXED ALERTNESS



Emotional arousal dissipates when one **intentionally releases tension** in the body and **remain consciously alert**:

- Avoid unnecessary attention to memory, imagination or expectation;
- Minimize excessive interpretations of circumstances;
- Sustained Focused Attention on present moment without expectation;
- Reticular Activating System activates the **Parasympathetic Nervous System** (PNS) invoking the “relaxation” response;

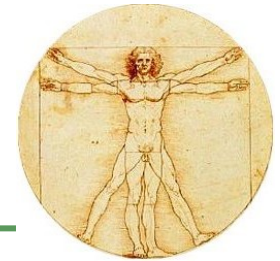
CONSCIOUS, RELAXED, & ALERT

- ✓ Freedom from tension
- ✓ Relaxed Body & Calm Mind
- ✓ Conscious Alertness
- ✓ Focused Attention
- ✓ Selective Thoughts

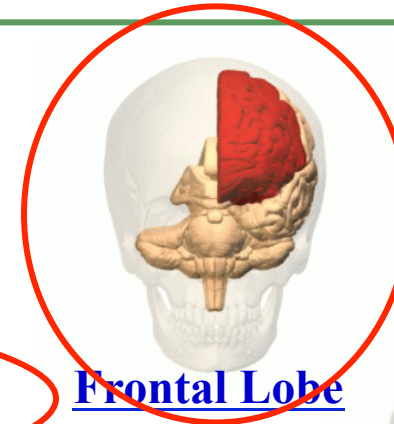




OUR LEARNING BRAIN



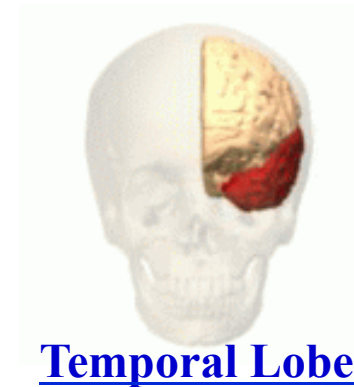
- ✓ Attention system, Long Term Memory
- ✓ Logic, Critical thinking
- ✓ Lateral thinking (creativity & imagination)
- ✓ Decision making, Goal setting, Planning
- ✓ Judgment, Reasoning, Rationalizing



Frontal Lobe



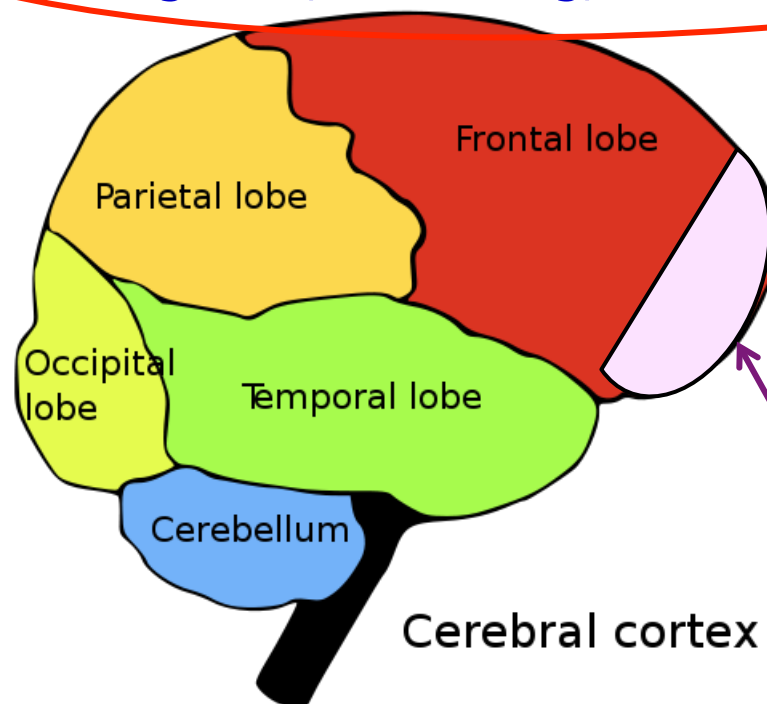
Parietal Lobe



Temporal Lobe



Occipital Lobe



Pre-Frontal Cortex (PFC)

BENEFITS OF MEDITATION

- ✓ Slow down heartrate
- ✓ Improve blood circulation
- ✓ Lower blood pressure
- ✓ Enhance immune system
- ✓ Calm anger, fear & anxiety
- ✓ Relieve depression
- ✓ Avoid emotional excitement
- ✓ Taming lobha, dosa, moha
- ✓ Cultivate introspection
- ✓ Develop cognitive consonance
- ✓ Instill mental equilibrium
- ✓ Attain insight into realities

